

Allergen Awareness and Gluten-Free Chart



Known Allergens

	Nut	Sesame	Milk	Egg	Fish	Soy	Wheat	Sulphite	MSG	Corn	Mustard	Gluten-Free	Vegan
TORTILLAS AND TACOS													
Whole Wheat Tortilla							•						•
White Tortilla							•						•
Hard Corn Taco										•		†	•
Soft Corn Taco										•		†	•
PROTEINS													
Beef Barbacoa						•						†	
Pork Carnitas			•			•	•						
Steak												†	
Chicken												†	
Shrimp					•			•				†	
Chorizo												†	
Beyond Meat® Crumble										•		†	•
TOPPINGS, CHEESE & GARNISH													
Brown Rice												†	•
Ancient Grain Medley							•						•
Fajita Veggies												†	•
Chiptole Black Beans												†	•
Pinto Beans												†	•
Monterey Jack Cheese			•									†	
Cotija Cheese			•									†	
Peach Salsa												†	•
Tomato-Cucumber Salad												†	•
Citrus Slaw												†	•
In-House Pickled Red Onions												†	•
Charred Corn										•		†	•
Roasted Squash												†	•
Jalapeños												†	•
Cilantro												†	•
Toasted Pepitas	•											†	•
Tri-Coloured Tortilla Strips										•		†	•
Crispy Jalapeño Chips							•						•
Lime Wedges												†	•
Romaine Lettuce												†	•
SALSAS, SAUCES & DRESSINGS													
Pico de Gallo												†	•
Medium Salsa												†	•
Hot Salsa												†	•
Guacamole												†	•
Sour Cream			•							•		†	
Burrito Sauce				•		•						†	
Serrano-Chili Crema			•							•		†	
Peach-Habanero Crema			•							•		†	
Cilantro & Lime Chimichurri								•				†	•
Caramelized Peach-Jalapeño Glaze								•				†	•
Avocado-Tomatillo Sauce												†	•
Ranchero Dressing			•	•		•				•		†	
Honey-Lime Vinaigrette												†	
Queso Cheese			•			•				•			
SIDES & DESSERTS													
Churros			•	•		•	•						
Dulce de Leché			•					•		•		†	
Peruvian Chocolate Brownie			•	•		•	•						
Chocolate Chunk Cookie			•	•		•	•						
Salted Caramel Cookie	•		•	•			•						
Nachos - Snack Size			•			•				•			
Tortilla Chips										•		†	•

CDN 2019

• - denotes allergen is present in the product

† - denotes product is gluten-free